

IF YOU THINK YOUR BABY HAS BEEN SHAKEN...

Go to the closest hospital emergency room. Signs and symptoms of Shaken Baby Syndrome include:

- Irregular, difficult or stopped breathing
- Extreme crankiness
- Seizures or vomiting
- Tremors or shakiness
- Limp arms and legs
- No reaction to sounds or acts lifeless
- Difficulty staying awake

Stop, Calm Down and Get Help

**PROTECT OUR FUTURE BY HANDLING
CHILDREN WITH THE LOVING CARE THEY
DESERVE!**

The message is simple – never shake a baby. No matter how tired, angry or frustrated you feel, you must never, never shake a baby. Shaking a baby can kill or cause serious injuries.

And remember, some play activities are also dangerous such as:

- Vigorous, repeated tossing of a small child into the air
- Jogging while carrying an infant on the back or shoulders
- Bouncing a child on an adult's knee or swinging the child on an adult's leg
- Swinging the child around by the ankles
- Spinning a child around

**If you think you might shake
your baby and need help,
please call the
Help Line at
1-866-243-BABY**

**If you suspect a child has
been shaken, you should
report it to the Child Abuse/
Neglect Hotline at
1-800-652-1999**

"It is permissible to disclose protected health information to a public authority or other appropriate government authority by law to receive reports of child abuse or neglect."

Federal HIPAA Privacy Law

ADA/EOE/AA

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM

DEPARTMENT OF SERVICES • DEPARTMENT OF REGULATION AND LICENSURE • DEPARTMENT OF FINANCE AND SUPPORT
www.hhs.state.ne.us

Never, Never Shake A Baby



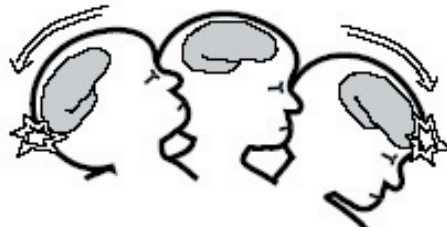
You Have The **Power To
Protect A Child**

DID YOU KNOW?

*Every year in
this country
thousands of babies
and young children
suffer from brain
damage, blindness
or death as a result
of Shaken Baby
Syndrome.*

WHAT IS SHAKEN BABY SYNDROME?

1. Shaken Baby Syndrome involves the vigorous shaking of an infant or young child by the shoulder, arms or legs. A single shaking episode usually results in whip lash induced bleeding in and around the brain leading to death or permanent neurological damage.
2. Infants and young children are more susceptible to Shaken Baby Syndrome because their heads are disproportionately large in relation to their bodies, and their shoulder and neck muscles are weak and underdeveloped.



When a young child is shaken, the head whips back and forth, slamming the brain against the hard skull, causing bruising, bleeding and swelling inside the brain.

SHAKING A BABY OR YOUNG CHILD, EVEN FOR A SHORT TIME, CAN CAUSE INJURIES:

- ☐ Blindness
- ☐ Mental retardation
- ☐ Seizures
- ☐ Cerebral palsy
- ☐ Hearing loss
- ☐ Paralysis
- ☐ Broken bones
- ☐ Speech or learning disabilities
- ☐ And even death

CRYING IS A BABY'S WAY OF COMMUNICATING. HINTS TO STOP A CRYING BABY:

Be patient and see what your baby needs.

- ☐ Stay calm
- ☐ See if the baby is too hot or too cold
- ☐ Check the baby's diaper
- ☐ Feed the baby
- ☐ Burp the baby
- ☐ Offer the baby a pacifier or toy
- ☐ Pick up the baby

Other hints:

- ☐ Take the baby to a quiet room
- ☐ Hold the baby against your chest and walk or rock gently
- ☐ Take the baby for a ride in a car or stroller
- ☐ Put the baby in an infant swing

If nothing works, call for help

IF YOUR BABY'S CRYING BOTHERS YOU:

Lay the baby down on its back or side in a crib. Go to another room. Then give yourself a short break.

- ☐ Take deep breaths and count to 10 slowly
- ☐ Call a friend or relative to talk
- ☐ Exercise nearby
- ☐ Listen to music
- ☐ Read a magazine/book
- ☐ Ask for help

Go back and check on the baby in 5 or 10 minutes. Remember sometimes babies cry no matter what you do.